## DEPARTMENT OF PUBLIC HEALTH

**COUNTY OF SAN BERNARDINO** 



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## California Latino Families Are Encouraged to Break The Cycle!

## Network for a Healthy California Helps Parents Combat Obesity by Sharing Tips for Healthy Twists on Traditional Foods

Network for a Healthy California (Network) and San Bernardino Striders Wellness Program, Healthy San Bernardino and the Latino Health Collaborative observe Latino Health Awareness Month each September to encourage Latino families to live healthier and more active lives.

"We are encouraging Latino families to take a stand against obesity by breaking the cycle of unhealthy eating," said Leticia Salazar Allen, *Network* manager.

In the last decade, obesity has doubled among Latino children and now nearly half of Latino children ages 9 to 11 are overweight or obese. Children whose parents are overweight or obese are at higher risk for becoming obese themselves. In fact, four in five obese youth with an obese parent will become obese adults. Studies show that having a normal weight reduces the risk of developing type 2 diabetes by almost 70 percent.

Throughout Latino Health Awareness Month, the Network for a Healthy California creates opportunities for communities to come together to learn how to break the cycle of unhealthy eating habits by discovering healthy options on traditional foods, sharing tips and resources, and joining the movement for healthy change.

During Latino Health Awareness Month, Latinos throughout California will participate in a variety of fun and educational activities and events to help them adopt life-long healthy habits. Latino parents can commit to making their family's health a priority and begin making changes. Even small changes can quickly add up to make big differences.

"Breaking the cycle of unhealthy eating doesn't mean completely giving up the traditional foods we love," said Leticia Salazar Allen, *Network* manager. "By making simple changes, such as adding more fruits and vegetables to traditional dishes, parents can begin to turn the tide on obesity in the Latino community."

For more information, tips and free resources on healthy Latino recipes, visit <a href="www.NotMyKids.net">www.NotMyKids.net</a> or find us on Facebook at <a href="Facebook.com/NetworkForAHealthyCalifornia">Facebook.com/NetworkForAHealthyCalifornia</a>.

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